

LAPLATA CENTER #55042 (HSG)

Week-At-A-Glance

hcsgr2northern2022-23 Week 1

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>Scrambled Eggs</b> <b>Apple Cinnamon Muffin</b> - Margarine	<b>French Toast</b> - Margarine - Syrup <b>Bacon</b>	<b>Scrambled Eggs</b> <b>Ginger Pear Coffee</b> <b>Cake</b> - Margarine	<b>Scrambled Eggs</b> <b>w/Cheese</b> <b>Biscuit</b> - Margarine - Jelly	<b>Buttermilk Pancakes</b> - Margarine - Syrup <b>Sausage Patty</b>	<b>Western Scrambled Eggs</b> <b>Toast</b> - Margarine - Jelly	<b>Scrambled Eggs</b> <b>Breakfast Ham</b> <b>English Muffin</b> - Margarine - Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Country Fried Steak w/Mushroom Gravy</b> Garlic Baked Pork Chop <b>Honey Roasted Carrots</b> Seasoned Beets <b>Mashed Potatoes</b> Buttered Noodles <b>Cornbread</b> - Margarine <b>Honey Glazed Pears</b>	<b>Kielbasa Sausage</b> Thin Crust Cheese Pizza <b>Capri Vegetable Blend</b> Tossed Salad w/Dressing <b>Brown Sugar Baked Beans</b> <b>Dinner Roll/Bread</b> - Margarine <b>Carrot Cake w/Cream Cheese Frosting</b>	<b>Baked Macaroni &amp; Cheese</b> Marinated Chicken Thigh <b>Stewed Tomatoes</b> Green Beans Mashed Potatoes <b>Rosemary Dinner Roll</b> - Margarine <b>Fruit Cocktail</b>	<b>Apple Glazed Sliced Ham</b> Herbed Chicken Breast <b>Sauteed Spinach</b> Country Vegetable Blend <b>Candied Sweet Potatoes</b> Parsley Noodles <b>Dinner Roll/Bread</b> - Margarine <b>Marble Cake w/White Frosting</b>	<b>Rotisserie Chicken</b> Glazed Baked Pork Chop <b>Broccoli Florets</b> Braised Cabbage <b>Cheesy Mashed Potatoes</b> Noodles Jefferson <b>Dinner Roll/Bread</b> - Margarine <b>Banana Pudding Parfait</b>	<b>Shrimp Alfredo w/</b> - Spaghetti Noodles Smothered Steak <b>Roasted Green Beans</b> Sliced Carrots Mashed Potatoes <b>Italian Herbed Dinner Roll</b> - Margarine <b>Tropical Fruit Salad</b>	<b>Grilled Turkey &amp; Swiss Cheese Sandwich on Wheat</b> Meatballs w/Gravy <b>Creamy Cucumber &amp; Onion Salad</b> Green Peas <b>French Fries</b> - Ketchup Egg Noodles Dinner Roll/Bread - Margarine <b>Vanilla Ice Cream</b>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>Maple Dijon Chicken Breast</b> Smothered Turkey Patty <b>Roasted Brussels Sprouts</b> Seasoned Green Beans <b>Sage Bread Dressing</b> Rice Pilaf <b>Dinner Roll/Bread</b> - Margarine <b>Cinnamon Brown Sugar Blondie</b>	<b>Cornflake Crusted Tilapia Fillet</b> Salisbury Steak - Brown Gravy <b>Buttered Green Peas</b> Whole Kernel Corn (veg) <b>Potato Wedges</b> - Ketchup Parsley Rice <b>Dinner Roll/Bread</b> - Margarine <b>Chilled Peach Parfait</b>	<b>Chicken Salad Sandwich</b> - Lettuce & Tomato Hamburger on a Bun - Lettuce & Tomato - Ketchup - Pickle Spear <b>Broccoli Salad</b> Confetti Coleslaw <b>Potato Chips</b> Buttered Noodles <b>Hearty Vegetable Soup</b> - Saltine Crackers <b>Chocolate Chip Cookie</b>	<b>Lasagna w/Meatsauce</b> Lemon Butter Baked Tilapia Fillet <b>Balsamic &amp; Parmesan Roasted Cauliflower</b> Green Peas Oven Browned Potatoes <b>Garlic Bread</b> <b>Scalloped Apples</b>	<b>Sweet &amp; Sour Meatballs</b> Mushroom & Cheese Quiche <b>Capri Vegetable Blend</b> Brussels Sprouts <b>Steamed Rice</b> <b>Dinner Roll/Bread</b> - Margarine <b>Mandarin Oranges</b>	<b>Savory Pork Roast.</b> Cheese Quesadilla - Sour Cream <b>Harvard Beets</b> Whole Kernel Corn (veg) <b>Au Gratin Potatoes</b> Parsley Rice <b>Dinner Roll/Bread</b> - Margarine <b>Peanut Butter Brownie</b>	<b>Cheese Ravioli w/Marinara Sauce</b> Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato <b>Sauteed Spinach w/Garlic</b> Broccoli Florets Potato Wedges - Ketchup <b>Garlic Bread</b> <b>Peach Crisp</b>

LAPLATA CENTER #55042 (HSG)

Week-At-A-Glance

hcs2northern2022-23 Week 2

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>Baked Cheese Omelet Toast</b> - Jelly - Margarine	<b>Apple Cinnamon French Toast Bake</b> - Margarine - Syrup <b>Bacon</b>	<b>Scrambled Eggs w/Cheese Toast</b> - Margarine - Jelly	<b>Biscuit</b> - Sausage Gravy <b>Hashbrown</b>	<b>Scrambled Eggs Glazed Cinnamon Roll</b>	<b>Egg &amp; Cheese Bake Toast</b> - Margarine - Jelly	<b>Buttermilk Pancakes</b> - Margarine - Syrup <b>Breakfast Ham</b>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Rosemary Roast Beef Au Jus</b> Smothered Turkey Patty <b>Sliced Parsley Carrots</b> Brussels Sprouts <b>Baked Potato</b> - Margarine - Sour Cream Buttered Rice <b>Dinner Roll/Bread</b> - Margarine <b>Harvest Baked Apples</b>	<b>Dijon Pork Loin</b> Hamburger Steak w/Grilled Onions - Brown Gravy <b>Capri Vegetable Blend</b> Braised Cabbage <b>Rice Pilaf</b> Oven Browned Potatoes <b>Dinner Roll/Bread</b> - Margarine <b>Citrus Glazed Angel Food Cake</b>	<b>Chicken Soft Taco w/Flour Tortilla</b> - Shredded Lettuce & Diced Tomato Topping - Shredded Cheddar Cheese (tbl) Rancher's Pork Chop <b>Mexican Corn (veg)</b> Sliced Carrots <b>Green Chili Rice</b> Garlic Potato Wedges Dinner Roll/Bread - Margarine <b>Sliced Pears</b>	<b>Homestyle Meatloaf w/Ketchup Glaze</b> Lemon Butter Baked Tilapia Fillet <b>Seasoned Green Peas</b> Sauteed Spinach <b>Au Gratin Potatoes</b> Herbed Rice <b>Dinner Roll/Bread</b> - Margarine <b>Pumpkin Cheesecake Bar</b>	<b>Smothered Chicken Thigh</b> Smothered Steak <b>Roasted Brussels Sprouts</b> Whole Kernel Corn (veg) <b>Sweet Potato Souffle</b> Buttered Noodles <b>Cornbread</b> - Margarine <b>Caramel Apple Upside Down Cake</b>	<b>Lemon Dill Tilapia Fillet</b> Rosemary Chicken Breast <b>Broccoli Florets</b> Green Peas <b>Roasted Red Skin Potatoes</b> Seasoned Rice <b>Dinner Roll/Bread</b> - Margarine <b>Pineapple Tidbits</b>	<b>BBQ Pork on a Bun</b> Vegetable Quiche <b>Country Vegetable Blend</b> Tossed Salad w/Dressing <b>Baked Beans</b> Dinner Roll/Bread - Margarine <b>Butterscotch Pudding Parfait</b>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>Chicken Tenders</b> - Honey Mustard BBQ Pork Chop <b>Roasted Green Beans</b> Whole Kernel Corn (veg) <b>Macaroni &amp; Cheese</b> Mashed Potatoes <b>Herbed Dinner Roll</b> - Margarine <b>Oatmeal Raisin Cookie</b>	<b>Breaded Fish on a Bun</b> - Tartar Sauce Rotisserie Chicken Thigh <b>Broccoli Florets</b> Green Peas <b>Tater Tots</b> - Ketchup Buttered Noodles Dinner Roll/Bread - Margarine <b>Deluxe Fruit Salad</b>	<b>Classic Baked Ziti</b> Meatballs w/Gravy <b>Parmesan &amp; Herb Roasted Cauliflower</b> Tossed Salad w/Dressing Mashed Potatoes <b>Italian Herbed Dinner Roll</b> - Margarine <b>Double Chocolate Brownie</b>	<b>Italian Sausage Sub w/Pepper &amp; Onion</b> Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato <b>Capri Vegetable Blend</b> Broccoli Florets <b>French Fries</b> - Ketchup Buttered Rice <b>Tropical Fruit Salad</b>	<b>Thin Crust Cheese Pizza</b> Parsley Pork Chop <b>Garlic Green Beans</b> Roasted Beets Parmesan Noodles <b>Dinner Roll/Bread</b> - Margarine <b>Chilled Peaches</b>	<b>Chicken Parmesan w/ Spaghetti Noodles</b> Ham Sandwich - Lettuce & Tomato - Mayonnaise <b>Tossed Salad w/Dressing</b> Marinated Mixed Vegetable Salad Potato Chips <b>Garlic Bread</b> <b>Chocolate Ice Cream</b>	<b>Salisbury Steak</b> - Brown Gravy Smothered Turkey Patty <b>Creamed Spinach</b> Winter Vegetable Blend <b>Mashed Potatoes</b> Herbed Rice <b>Dinner Roll/Bread</b> - Margarine <b>Fruit Cocktail</b>

LAPLATA CENTER #55042 (HSG)

Week-At-A-Glance

hcsg2northern2022-23 Week 3

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>Scrambled Eggs</b> <b>Apple Cinnamon Muffin</b> - Margarine	<b>French Toast</b> - Margarine - Syrup <b>Bacon</b>	<b>Scrambled Eggs w/Cheese</b> <b>Biscuit</b> - Margarine - Jelly	<b>Western Scrambled Eggs</b> <b>Toast</b> - Margarine - Jelly	<b>Buttermilk Pancakes</b> - Margarine - Syrup <b>Sausage Patty</b>	<b>Scrambled Eggs</b> <b>English Muffin</b> - Margarine - Jelly	<b>Scrambled Eggs</b> <b>Breakfast Ham</b> <b>Toast</b> - Margarine - Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Hawaiian Baked Ham</b> Lemon Pepper Chicken Breast <b>Brussels Sprouts</b> Buttered Whole Kernel Corn (veg) <b>Whipped Sweet Potatoes</b> Parmesan Noodles <b>Dinner Roll/Bread</b> - Margarine <b>Pineapple Upside Down Cake</b>	<b>Chicken Pot Pie w/</b> - Biscuit Meatballs w/Gravy <b>Tossed Salad w/Dressing</b> Broccoli Florets Mashed Potatoes Biscuit - Margarine <b>Deluxe Fruit Salad</b>	<b>Swedish Meatballs</b> Smothered Turkey Patty <b>Harvard Beets</b> Capri Vegetable Blend <b>Egg Noodles</b> Buttered Rice <b>Rosemary Dinner Roll</b> - Margarine <b>Spiced Peaches</b>	<b>Open-Faced Roast Pork Sandwich</b> - Brown Gravy Salisbury Steak - Brown Gravy <b>Herbed Green Beans</b> Brussels Sprouts <b>Mashed Potatoes</b> Buttered Noodles Dinner Roll/Bread - Margarine <b>Lemon Cake w/Lemon Icing</b>	<b>Crispy Baked Chicken</b> Cheese Quiche <b>Sauteed Spinach</b> Sliced Parsley Carrots <b>Macaroni &amp; Cheese</b> <b>Dinner Roll/Bread</b> - Margarine <b>Pumpkin Pie</b>	<b>Honey Garlic Shrimp</b> Smothered Steak <b>Tossed Salad w/Dressing</b> Winter Vegetable Blend <b>Rice Pilaf</b> Mashed Potatoes <b>Dinner Roll/Bread</b> - Margarine <b>Vanilla Ice Cream</b>	<b>Sloppy Joe on a Bun</b> Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato <b>Country Vegetable Blend</b> Parsley Cauliflower <b>French Fries</b> - Ketchup Buttered Noodles <b>Double Chocolate Brownie</b>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>Grilled Two Cheese Sandwich</b> Hamburger Steak - Brown Gravy <b>Creamy Cucumber &amp; Onion Salad</b> Capri Vegetable Blend <b>French Fries</b> - Ketchup Buttered Rice Dinner Roll/Bread - Margarine <b>Tomato Soup</b> - Saltine Crackers <b>Chilled Pears</b>	<b>Butter Crumb Tilapia Fillet</b> Glazed Baked Pork Chop <b>Green Peas</b> Sliced Carrots <b>Baked Potato</b> - Sour Cream - Margarine Parsley Rice <b>Dinner Roll/Bread</b> - Margarine <b>Blondie</b>	<b>Rancher's Chicken Thigh</b> Thin Crust Cheese Pizza <b>Country Style Tomatoes</b> Parsley Cauliflower <b>Oven Browned Potatoes</b> <b>Cornbread</b> - Margarine <b>Peanut Butter Cookie</b>	<b>Baked Ziti w/Meatsauce</b> Egg Salad Sandwich - Lettuce & Tomato <b>Steamed Broccoli Florets w/Lemon</b> Green Pea Salad Potato Chips <b>Italian Herbed Dinner Roll</b> - Margarine <b>Tropical Fruit Salad</b>	<b>Philly Cheesesteak Sandwich</b> - Sauteed Peppers & Onions. Chicken Tenders - Honey Mustard <b>Marinated Mixed Vegetable Salad</b> Seasoned Whole Kernel Corn (veg) <b>French Fries</b> - Ketchup Buttered Rice Dinner Roll/Bread - Margarine <b>Pineapple Tidbits</b>	<b>Cheese Ravioli w/Marinara Sauce</b> Turkey Burger on a Bun - Lettuce & Tomato - Pickle Spear - Mayonnaise <b>Seasoned Green Beans</b> Seasoned Beets Tater Tots - Ketchup <b>Garlic Bread</b> <b>Mandarin Oranges</b>	<b>Kielbasa Sausage</b> Breaded Fish on a Bun - Tartar Sauce <b>Braised Cabbage</b> Sliced Carrots <b>Brown Sugar Baked Beans</b> Potato Wedges - Ketchup <b>Dinner Roll/Bread</b> - Margarine <b>Maple Apple Crisp</b>

LAPLATA CENTER #55042 (HSG)

Week-At-A-Glance

hcs2northern2022-23 Week 4

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>Baked Cheese Omelet Toast</b> - Jelly - Margarine	<b>Apple Cinnamon French Toast Bake</b> - Margarine - Syrup <b>Bacon</b>	<b>Scrambled Eggs w/Cheese Toast</b> - Margarine - Jelly	<b>Biscuit</b> - Sausage Gravy <b>Hashbrown</b>	<b>Scrambled Eggs Glazed Cinnamon Roll</b>	<b>Egg &amp; Cheese Bake Toast</b> - Margarine - Jelly	<b>Buttermilk Pancakes</b> - Margarine - Syrup <b>Sausage Patty</b>
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Chicken Parmesan w/</b> - Spaghetti Noodles Meatballs w/Gravy <b>Roasted Broccoli Florets</b> Seasoned Beets Mashed Potatoes <b>Dinner Roll/Bread</b> - Margarine <b>Chilled Peach Parfait</b>	<b>Breaded Fish on a Bun</b> - Tartar Sauce Marinated Chicken Thigh <b>Seasoned Green Beans</b> Sautéed Spinach <b>Potato Wedges</b> - Ketchup Rice Pilaf Dinner Roll/Bread - Margarine <b>Chocolate Cake w/ Peanut Butter Frosting</b>	<b>Encrusted Pork Loin</b> Vegetable Quiche <b>Roasted Brussels Sprouts</b> Seasoned Green Peas <b>Au Gratin Potatoes</b> <b>Dinner Roll/Bread</b> - Margarine <b>Butterscotch Pudding Parfait</b>	<b>Braised Beef Round Roast</b> - Brown Gravy BBQ Chicken Breast <b>Honey Roasted Carrots</b> Broccoli Florets <b>Garlic Roasted Red Skin Potatoes</b> Parsley Noodles <b>Dinner Roll/Bread</b> - Margarine <b>Brown Sugar Glazed Angel Food Cake</b>	<b>Thin Crust Cheese Pizza</b> Turkey Burger on a Bun - Lettuce & Tomato - Pickle Spear - Mayonnaise <b>Tossed Salad w/Dressing</b> Roasted Brussels Sprouts Tater Tots - Ketchup <b>Garlic Bread</b> <b>Fruit Cocktail</b>	<b>Baked Tilapia Florentine</b> Baked Macaroni & Cheese <b>Tomatoes Delmonico</b> Capri Vegetable Blend <b>Rice Pilaf</b> <b>Dinner Roll/Bread</b> - Margarine <b>Dutch Apple Pie w/Crumb Topping</b>	<b>Chicken Bolognese Sauce w/</b> - Spaghetti Noodles Hamburger Steak w/Grilled Onions - Brown Gravy <b>Herbed Green Beans</b> Spinach Mashed Potatoes <b>Dinner Roll/Bread</b> - Margarine <b>Chocolate Ice Cream</b>
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>Grilled Ham &amp; Cheese Sandwich</b> Smothered Turkey Patty <b>Creamy Coleslaw</b> Green Peas <b>Tater Tots</b> - Ketchup Buttered Noodles Dinner Roll/Bread - Margarine <b>Chocolate Chip Cookie</b>	<b>Salisbury Steak</b> - Brown Gravy Garlic Baked Pork Chop <b>Sliced Glazed Carrots</b> Whole Kernel Corn (veg) <b>Seasoned Rice</b> Mashed Potatoes <b>Dinner Roll/Bread</b> - Margarine <b>Pineapple Tidbits</b>	<b>Cheese Lasagna</b> Breaded Chicken on a Bun - Mayonnaise - Lettuce & Tomato <b>Parmesan &amp; Herb Roasted Cauliflower</b> Creamy Cucumber & Onion Salad Oven Browned Potatoes <b>Italian Herbed Dinner Roll</b> - Margarine <b>Deluxe Fruit Salad</b>	<b>Shredded Pork on a Bun</b> Cheese Ravioli w/Marinara Sauce <b>Braised Cabbage</b> Capri Vegetable Blend <b>French Fries</b> - Ketchup Dinner Roll/Bread - Margarine <b>Sliced Pears</b>	<b>Chicken Tenders</b> - Honey Mustard Smothered Steak <b>Winter Vegetable Blend</b> Whole Kernel Corn (veg) <b>Macaroni &amp; Cheese</b> Oven Browned Potatoes <b>Dinner Roll/Bread</b> - Margarine <b>Snickerdoodle Cookie</b>	<b>Homestyle Meatloaf w/Ketchup Glaze</b> Sage Herbed Pork Chop <b>Peas &amp; Carrots</b> Seasoned Beets <b>Mashed Potatoes</b> Herbed Rice <b>Dinner Roll/Bread</b> - Margarine <b>Peach Crisp</b>	<b>Hot Dog on a Bun</b> - Baked Beans - Mustard Tuna Melt Sandwich <b>Confetti Coleslaw</b> Parsley Cauliflower French Fries - Ketchup <b>Tropical Fruit Salad</b>